



Kosciusko Community YMCA

Member Newsletter

Volume 3 Issue 4 April 2008

Meet a Member



My name is Rachel Ganter. When my physician suggested I try water walking in a warm water pool after having foot surgery, I did some research. I read that the water significantly reduces the stress on joints while allowing for increases in range

of motion, flexibility, and muscle strength. A warm water pool also relaxes muscles, decreases pain, and increases blood flow. The cardiovascular system and overall health are positively impacted by the exercise. I quickly discovered that all these things were true in my case.

I've met many interesting YMCA members while water walking. Some of these individuals also started water walking while recovering from various illnesses, injuries or surgeries. Many of these members have continued to water walk. Others started to increase their overall level of health. Learning about their progress has helped to motivate me and inspire me. The time I spend in the pool goes very quickly when there are others to chat with. The other members also offer support and encouragement, which I have greatly appreciated.

The atmosphere at the YMCA has also been a big part of my continuing to use the facilities. Every time I've been in the building it's been very clean. In addition to the other water walkers, the YMCA staff have all been helpful and friendly. The lifeguards are very attentive and professional. The variety of times every day when water walking is offered makes it easy to fit it into my busy schedule. We are very fortunate to have a warm water pool in our community.

In the future, I plan to continue to use the YMCA warm water pool to continue water walking. I'm also looking forward to trying some of the other activities and facilities that the YMCA has to offer.

Rachel Ganter

Healthy Kids Day "Put Play in Your Day"

April 12th, 2008

9:00 a.m.-12:00 p.m.

Cost: FREE!

Activities Include: Kids Zumba, Mini Fun Run, Climbing Wall, Self Defense for Kids, and more.

Contact the Welcome Center for more information.

Summer Swim Team

Season Begins: May 1st

Ages: 5 years and older

For more information contact the Welcome Center or at www.kcymca.org



Flag Football

Registration: Until April 28th

Ages: 6 years-11 years

Games: Saturdays

May 17th-June 28th

Cost: M-\$25 CM-\$45

Gymnastics Exhibition

This session, if your child is participating in any gymnastics class they will have the opportunity to perform skills at the Gymnastics and Dance Exhibition. There will be plenty of seating for friends and family to attend this event and see the performance **April 26th.**



Share your story with us!

How has the Y made a difference in your life? We would love to hear your story and it could inspire others. If you would like to be member of the month submit your story to the Welcome Center and you could be featured in our Member Newsletter and in the Times Union! Take this opportunity to inspire others.